

SOP for personal safety and hygiene

USE LOGIC, TAKE CARE OF YOURSELF

PERSONAL EQUIPMENT:

Disposable camera indoor/outdoor w/flash

Moth crystals (snakes)

Plastic dropcloth – 3 mil thick for tent flooring

Qt. Size ziplock bags – one for every day: 1-shirt, 1-pair undies, 1-pair socks

Camo bandanas – at least 6

Hand wipes with aloe

Sun screen – without PABA (at least SPF-15)

Duct Tape – covers a multitude of sins

1/8-1/4 in. rope role (for clothes line)

PVC pipe (clothes valet)

Recipe for hand wipes:

Thick paper toweling

Baby shampoo and oil

Water or witch hazel or benziconium chloride

Large trash bags 3 mil (several)

Space blanket

Avon Skin so Soft (in addition to sun tan lotion)

Desenex powder

Mycelelex-7 Cream

One or several of the following:

Benedryl Cream, Caladryl Lotion, Cortisone Ointment, Bacitracin Ointment,

Neosporin/Polysporin Ointment, Betadine Ointment

BRING Safety Goggles

NO SCENTED COSMETICS

Soap and deodorant

PERSONAL Medications with copies of Scripts

Oral hygiene products

Sun Glasses (military grade, or something that complements the uniform, nothing flashy)

Black Gloves

2 pair boots

Field Jacket

Insect spray with deet

Scissors and hemastats

Leatherman tool or Swiss Army Knife

Flashlight with Red/Blue filters and extra batteries